

Say 21 and WIN

partner

You and your partner are trying to count by ones up to twenty-one.

The first person to say “21” will win.

1. Stand up and find a partner. Decide who is A and who is B.
2. The goal is to be the first person to say the number 21.
3. You will alternately say consecutive numbers starting at “1” until someone says “21”. However, at your turn you have your choice of saying only one number or two numbers at a time. (For example, if person A just finished their turn and said “7”, then person B could either say just “8” or “8” then “9”).
4. Person A will start counting at “1.”

If you finish one game, continue with another until the brain break is over.

Idea from Sue McKay

Slap Count numbers going down

partner

Partners alternate slapping each other’s hands while counting numbers going down.

1. Stand up and find a partner. Decide who is A and who is B.
2. Face your partner with your palms up.
3. **Person A:** Take your right hand and cross over and slap person B’s right hand lightly and say “30”. Now take your left hand and cross over and slap your partner’s left hand and say “29”.
4. **Person B:** You will do the same with your right and left hand and say “28” then “27”.
5. Person A and B alternate until they reach “1”.
6. For the next round start at the number “43” and slap count down by 3’s. (43, 40, 37, 34 ...)



Pick any start number and go down by 2’s, 3’s, 4’s, 5’s or 10’s.

Idea from Jean Blaydes Madigan